

Keep Your Kids Active

Hario Fitness Programs will keep them going!



The World Famous Harlem Globetrotters will be dribbling on court for a free exhibition game on Thursday, July 6 at 6 p.m.

Don't just let your kids sit around the house playing video games all summer long...get them out and keep them active. The Hario Fitness Center has something on their schedule to appeal to any child.

Keep your child safe and having fun at the pool this year with swimming lessons. Lessons are being offered at both Main Base and Hario swimming pools. Call the Fleet Fitness Center at 252-3588 or the Hario Fitness Center at 252-8960 for dates and fees.

How about a free basketball clinic with the World renowned Harlem Globetrotters? The camp will run the week of Monday, July 3 - Friday, July 7 (no camp on July 4.) This camp is limited to the first 75 sign-ups. Contact the Hario Fitness Center for more information.

For those 5 - 12 years old who love to roll around, the Typhoon Tumblers are having a summer gymnastics camp. There are two more sessions this summer, call instructor Karli Bates at 252-8389 and get your kids tumbling.

Is your child aspiring to be the next Tiger Woods or Michelle Wie? The Hario Fitness Center is offering a "Get Hooked on Golf" Clinic for kids running every Saturday and Monday, from July 15 - August 7. Fee information is available at the Hario Fitness Center.

4TH OF JULY 3K

Saturday, July 1

10 a.m. • Hario Fitness Center
Awards will be presented to the top finishers in men's, women's, and youth categories.

FREE BASKETBALL CLINIC WITH THE HARLEM GLOBETROTTERS

Monday, July 3 &
Wednesday, July 5 -
Friday, July 7

9 - 11:30 a.m. • Ages: 6 - 9
12:30 - 3:30 p.m. • Ages: 10 - 14
Learn basketball fundamentals with these world famous pros. Maximum of 75 children per age group. Register at the Hario Fitness Center.

Typhoon Tumblers Present GYMNASTICS SUMMER CAMP 2006

Monday, July 10 -
Saturday, July 15

Monday, August 14 -
Saturday, August 19

10 a.m. - 2 p.m. • Ages: 5 - 12
Registration fee: \$12
\$100 for first session

There will be a discount of 10% for attending a second session and a 15% discount for returning for a third session. Register at the Fleet or Hario Fitness Centers. For more information, contact Karli Bates at 252-8389.

FREE GROUP EXERCISE CLASSES

KICKBOXING

Tuesday & Thursday
9 - 10 a.m. • Hario
Community Center
Instructor:
Tony Benton

YOGA CLASS

Thursday • 10 - 11 a.m.
Saturday
9:30 - 10:30 a.m.
Hario Community
Center
Instructor: Mimi Wright

BODYPUMP, STEP & SCULPT

Wednesday & Friday
4:30 - 5:30 p.m.
Hario Fitness Center
Instructor:
Kristina Crane

WATER AEROBICS

Monday, June 19 -
Friday, August 25
9 - 10 a.m.
Hario Village Pool

NUTRITION & FITNESS CLASS

Wednesday, July 19 &
Tuesday, August 22

6 p.m. • Hario Fitness Center
Learn basic information about how to lose weight through diet and exercise.

SWAP MEET

Saturday, August 26
9 - 11 a.m.

Hario Fitness Center
Sellers: \$2 per table

Clean out your closets, sell your unwanted goods and earn some extra cash. Reserve a table today.

AEROBIC POINT CHALLENGE

Coming Soon!

Friday, September 1 -
Tuesday, October 31

The Cooper Aerobic Point System will be used to help you get fit and earn prizes.